



SWIMZONE RACING LC SPRINT MEET

SATURDAY 5 November 2011



Wellington Regional Aquatic Centre
Entry fee: \$7 per swimmer per event

Warm up: 5.00pm
Start: 5.35pm

Event	Age	Stroke	Event	Age	Stroke
1	11 Under	50m Free	10	12-14	50m Back
2	12-14	50m Free	11	15 Over	50m Back
3	15 Over	50m Free	12	Open	100m Butterfly (Top 40)
4	Open	200m Back (Top 40)	13	11 Under	50m Breast
5	11 Under	50m Butterfly	14	12-14	50m Breast
6	12-14	50m Butterfly	15	15 Over	50m Breast
7	15 Over	50m Butterfly	16	11 Under	Mix'n Match Relay
8	Open	200m IM (Top 40)	17	12-14	Mix'n Match Relay
9	11 Under	50m Back	18	15 Over	Mix'n Match Relay
			19	Open	400m Free (Top 40)

Meet Conditions:

- The meet will be conducted under SNZ Rules and local rules as applicable.
- The Meet is Long course. Official long course/converted long course times to be submitted. One NT [No-Time] entry per swimmer will be accepted.
- All events will be timed finals, with over the top starts.
- Age is at the day of meet.
- Males and females swim together in age bands, but **trophies awarded for each male and female overall age group winner in the 50m sprint events.**
- The organisers will if necessary alter the programme and/or refuse entries to allow the meet to finish within the allotted time.
- The organisers will not be responsible for any loss or damage during the period of the meet.
- ENTRY FEE : \$7 per event

PCA Entries close 6:00pm 26 October 2011.
 Entry form (with payment) can be placed in the race entry box at either pool, or e-mailed to race@swimporirua.co.nz (with payment via internet).
 All payments (Cheque or Internet) must be received by the closing date for the entry to be accepted.
 Payment via the internet is to be made to the race account (03-0547-0205093-01).

Mix'n Match Relay

- Free automatic entry for swimmers entered in the 50m Free. Swimmers must have a total of 3 or more individual entries.
- Swimmers selected from results in 50m Free (Events 1,2,3). Top 10 male and top 10 female swimmers selected from each age group.
- Swum as a 2 x 50m Freestyle Relay.
- Fastest male in age-group will swim with 10th fastest female swimmer. 2nd fastest male with 9th fastest female, 3rd fastest male with 8th fastest female10th fastest male with fastest female.
- \$100 cash prize for relay winners in each age-group (\$50 each).

Pool entry: Swimmers and Named Officials – Free : Spectators - \$2.00 : Programmes \$2.00